🧠 Cross-Lateral Desk Exercises

1. **Seated Cross-Crawl**
    - Sit tall in your chair.
    - Lift your right knee and touch it with your left hand.
    - Alternate sides in a marching rhythm.
    - Do 20–30 reps.
2. **Elbow-to-Knee Twist**
    - Sit or stand.
    - Bring your right elbow to your left knee as you twist your torso.
    - Return to center and switch sides.
    - Repeat 10–15 times per side.
3. **Cross-Body Arm Swings**
    - Stand up and swing your arms across your body, alternating which arm is on top.
    - Keep a gentle rhythm for 30 seconds to 1 minute.
4. **Figure-8 Arm Tracing**
    - Extend one arm and trace a large figure-8 in the air.
    - Switch arms after 30 seconds.
    - Try both arms together for a brain challenge!
5. **Toe Touch Reaches**
    - Stand with feet shoulder-width apart.
    - Reach your right hand to your left foot, then switch.
    - Keep your back straight and core engaged.

⏱️ Quick Routine (5 Minutes)

- 1 min: Seated Cross-Crawl
- 1 min: Arm Swings
- 1 min: Elbow-to-Knee Twists
- 1 min: Figure-8 Tracing
- 1 min: Toe Touch Reaches